



Smokey Banger Pasta Bake

with Pancetta and Chilli Beans

CLASSIC 45 Minutes • Little Heat • 2.5 of your 5 a day



Smoked BBQ
Pork Sausages



Pancetta Lardons



Wheat Rigatoni Pasta



Echalion Shallot



Red Pepper



Garlic Clove



Red Kidney Beans



Smoked Paprika



Finely Chopped
Tomatoes



Cheddar Cheese



Crème Fraîche

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Large Saucepan, Baking Tray, Large Frying Pan, Colander, Fine Grater (or Garlic Press), Sieve, Coarse Grater and Ovenproof Dish.

Ingredients

	2P	3P	4P
Smoked BBQ Pork Sausages 14 **	2	3	4
Pancetta Lardons**	60g	90g	120g
Wheat Rigatoni Pasta 13	200g	300g	400g
Echalion Shallot**	1	2	2
Red Pepper**	1	1½	2
Garlic Clove**	1	2	2
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Smoked Paprika	1 small sachet	¾ large sachet	1 large sachet
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Cheddar Cheese 7 **	1 block	2 block	2 blocks
Crème Fraîche 7 **	150g	200g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	742g	100g
Energy (kJ/kcal)	4690/1121	632/151
Fat (g)	57	8
Sat. Fat (g)	24	3
Carbohydrate (g)	104	14
Sugars (g)	17	2
Protein (g)	51	7
Salt (g)	3.39	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13**) Gluten **14**) Sulphites

Wheat Rigatoni. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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1. Cook the Bangers

Preheat the oven to 200°C. Put a large pan of **water** on to boil for the pasta. Pop the **sausages** onto a baking tray, drizzle with **oil**, then cook on the top shelf of the oven for 20 mins. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle!* Heat a splash of **oil** in a large frying pan on medium-high heat. Add the **pancetta lardons**. Stirring regularly, fry until lightly golden, 3-4 mins, then remove from the pan with a slotted spoon and set to one side. **IMPORTANT:** *The pancetta lardons are cooked when no longer pink in the middle!* Keep the pan, we'll use it again.



4. Chop the Bangers

Bring the **sauce** to the boil, then lower the heat to simmer until thickened slightly, 4-5 mins, stirring occasionally. In the meantime, coarsely grate the **cheddar cheese**. When your **sausages** are cooked, carefully slice into 2cm pieces.



2. Get Prepared

Pop the **wheat pasta** and a pinch of **salt** into the saucepan of boiling **water**. Cook for 11 mins, then drain in a colander. Return the **wheat pasta** to the saucepan off the heat and add a drizzle of **oil** to stop it from sticking together. Meanwhile, halve, peel and thinly slice the **shallot**. Halve the **red pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a sieve.



5. Bake it

Once the **sauce** has thickened, stir the **creme fraiche** and **sausage pieces** into the frying pan. Bring to the boil and bubble for 30 seconds. Taste and season with **salt** and **pepper**. Stir the **wheat rigatoni** into the **mixture**, then transfer it all into an ovenproof dish. Sprinkle over the **cheese** and **pancetta** and pop onto the top shelf of the oven. Cook for 10 mins, until the **cheese** is melted and bubbling.



3. Make the Sauce

Heat another splash of **oil** (if necessary) over medium-high heat in the now empty frying pan. Add the **shallot** and **red pepper** and cook until soft and beginning to colour, 5-6 mins, stirring frequently. Lower the heat to medium then stir in the **garlic**, **smoked paprika**, **kidney beans** and a pinch of **sugar** (if you have any). Cook for another minute, then stir in the **finely chopped tomatoes**.



6. Serve

Once cooked, serve into bowls.

Tuck in!